

**Affiliated to The Ramblers, Lake District Area**

Here is some information which we hope you will find useful. Please do not hesitate to ask any committee member for any further details or help you may require. Our website also contains lots of further information – please visit <http://www.lancasterfellwalkers.co.uk/>

**Memberships fees for 2014 (due 1<sup>st</sup> January) £7.00 for adults £3.00 for under 18**  
**Family membership - 2<sup>nd</sup> or more children free**

**For insurance purposes it is anticipated that new members will pay their membership fees by their second walk; continuing members are asked to pay on their first walk of the calendar year.**

**Coaches**

Walks take place every other Sunday. The coach leaves Battersby's Garage, Middlegate, White Lund Industrial Estate at 8:00am and 8:30am alternately (see programme)

Other pick up points are

- The William Mitchell, Westgate
- Park Hotel Corner, Morecambe
- Bare Lane Station
- Shrimp Roundabout
- Bus stop after College entrance, Morecambe Road
- Scale Hall Corner
- Dalton Square, Lancaster (leaves at 8:30am and 9:00am alternately)
- Beaumont Park, Slyne Road
- Manor Lane, Slyne
- Bolton-le-Sands (end of St Michael's Lane)
- Royal Hotel, Bolton-le-Sands
- Crag Bank
- New Street, Carnforth

At the end of the day it is usual to enjoy a social drink for half an hour before the coach leaves for home.

The coach leaves promptly on time and returns to Lancaster and Morecambe from the day's outing at anytime from 6:30pm to 9:30pm according to the time of the year.

**Coach Fares**

These are collected by the Treasurer on the outward journey and are currently £8.00 for adults and £4.00 for under 18 years. Members may also participate in a raffle for 20p per ticket. The winner has his or her fare refunded and the proceeds help towards a tip for the driver.

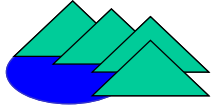
**Coach Bookings**

**Bookings may be made by telephone to the Booking Officer, Judith Brown on 01524 858243.**

Please make every effort to book by the Wednesday evening prior to the Sunday walk as coaches have to be ordered by the Thursday morning. Bookings will be accepted later if seats are available, but when the coach is overbooked paid up members will get priority.

**Cancellation of Bookings**

If you book for a walk you are expected to turn up. If you should wish to cancel a booking, please inform the booking officer as soon as you can. If the booking officer is informed after 9:00pm on the Wednesday before the walk (or if you do not turn up on the day) you will be liable to pay the full fare for the cancelled walk, irrespective of the reason.



For full details of bookings and cancellations please see the Coach Booking Guideline Sheet which is available on the website.

### **Standard of Walks**

Our walks are suitable for all age groups and for a wide ability range. The details below give a general indication of the type of walk available:-

**“B” party** is usually 8 to 11 miles taken at a reasonable pace and can include some hill walking up to 1500 feet of ascent.

**“A-“ party** is usually 10 to 12 miles and is intended to be suitable for those wanting slightly more than a B walk. In Summer this walk is often planned as a direct ascent of a summit without the additional mileage of an A walk.

**“A” party** is usually anything between 11 and 14 miles and is suitable for the reasonably fit fell walker and includes uphill climbing for anything up to 3,000 feet.

**“A+” party** walks at a fast pace and can climb up to 4,500 feet and cover anything between 14 and 18 miles.

At some point during the outward journey a stop is made for announcements and during that time each leader will give a description of the walk for that day with regard to area, distance and amount of climbing. You will then be in a position to decide which walk to take. In general, new members start with a B walk before progressing on to the longer walks.

Walks take place in all weathers. However, leaders may change a route if the weather conditions demand it.

### **Summer Wednesday Evening Rambles**

The club has a summer evening programme which runs every Wednesday evening from May to August starting at 7:00pm or 7:30pm. Walks are between 3 and 5 miles in distance and can last up to two and a half hours depending on the light. Members make their own way to the start of the ramble and the meeting points are listed in the evening programme.

### **Summary of Walking Rules**

Members and guests out on coach walks must participate in one of the organised walks, and are then covered by Public Liability Insurance.

At a leader's discretion, a group may leave an organised party, for example to cut the walk short, but for safety's sake the proposed route must be identified and the people concerned should remain as a group with a nominated leader.

Members are strongly advised to arrange their own insurance cover in respect of the Club's activities.

Strong footwear, warm clothing, effective waterproofs, maps, compass, whistle, torch, first aid kit, and adequate food and drink are essential. Additional fluid should be carried in the summer months to avoid dehydration. (Please see separate advice sheet)

If by any chance you become separated from your party and are unable to meet the coach at its agreed parking place within a reasonable time (say one hour) please inform the police so that they can let us know what has happened. The coach has the club's mobile telephone on board and a note of the number is kept in the first aid kit carried by each party. Please make a note of this number or keep it in your own mobile phone in case of emergency.

For reasons of safety - no dogs please.

These simple rules have been found necessary to protect the interests of the majority of the membership.